GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA

UNSTARRED QUESTION NO:1403
ANSWERED ON:04.03.2016
Vegetarian Food
Meghwal Shri Arjun Ram

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether the Government is aware of the report that vegetarian food is good for health and longevity;

(b) if so, the details thereof;

(c) whether the Government is preparing action plan to promote vegetarian food; and

(d) if so, the details thereof?

Answer

ANSWER
THE MINISTER OF STATE IN THE MINISTRYN OF HEALTH
AND FAMILY WELFARE
(SHRI SHRIPAD YESSO NAIK)
(a & b) Yes. The benefits of vegetarian food arise from lower intakes of saturated fat, cholesterol and animal protein as well as higher intakes of complex carbohydrates, dietary fibre, rich in micronutrients like Magnesium, Folic acid, Vitamin C and E, Carotenoids and other phytochemicals. Scientific evidence indicate that vegetarian diets are beneficial in the prevention and control of certain diseases, like cardiovascular disease, hypertension, diabetes, cancer, osteoporosis, renal disease and dementia, as well as intestinal disease, gallstones and constipation.
(c) & (d): The Government of India is running a National Programme For Prevention and Control of Cancer, Diabetes, Cardiovascular Disease and Stroke (NPCDCS) in the country.
Under the National programme, one of the important activity is to be behavior change and promotion of healthy food (more vegetables, fruits, grains and less of sugar, salt, and fat) to prevent and control Non-communicable diseases.
The National Institute of Nutrition, Hyderabad, under the Indian Council of Medical Research, has also published 'Dietary Guidelines for Indians', wherein balanced diet, especially recommending to consume vegetable and fruits (at least 200-250g of vegetables and 150g of fruits daily) to get micronutrients and high levels of fibre, which are very important for health of human beings (www.ninindia.org).
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